



MIDDLETOWN

Senior News



150 William Street •(860) 638-4540 •(860) 638-4541

Debbie Stanley, Acting Director of Senior Services

Daniel Drew, Mayor

Monthly Entertainment Valley Shore A Cappella

Weds., June 4th 11am

Please join us for monthly entertainment by Valley Shore A Cappella. Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

SENIOR HAIRCUTS \$3.00

Fri., June 6th 10am-12pm

This is sponsored by Water's Edge Center for Health & Rehabilitation and Euro-American Connections & Homecare. Please call 860-638-4540 to schedule your appointment.

Understanding Your GI Track

Weds., June 11th 2:30pm

So much of our overall health is dependent on our digestive system functioning properly. This is a complicated process with many organs playing a role. Learn how the system works and signs to be on the lookout for. Join Janet Leonardi, Coordinator for Risk Reduction Services, for an informational discussion. Please call the Senior Center at 860-638-4540 to register for this seminar.

MAKE YOUR OWN NECKLACE

Tues., June 17th 2pm

Join us for an easy & fun necklace making workshop. Make a beautiful necklace in lovely Summer hues. This is sponsored by Wadsworth Glen Health & Rehabilitation Center. This is a free activity & is limited to 15 participants. Pre-registration is required.

THE MIDDLETUNERS

Weds., June 18th 3pm

Please stop by the Senior Center and join us for entertainment by The Middletuners.

MEDITATION

Tues., June 24th 3:00pm

"Meditation helps you look at life differently. It happens immediately. You fulfill your desires, improve your health, and improve the use of your mind."

Bob Vinci has studied meditation in its many forms for over 30 years. He draws on that vast experience to teach a technique that is deceptively simply, but profound in its impact. Learn to use a combination of non-denominational and non-dogmatic techniques to bring yourself peace of mind.

This is a free seminar. Space is limited to 15 participants. Please Pre-register.

GET INVOLVED !

June 2, 4, 5, 9, 11, 12, 16, 18, 19, 23, 25, 26, 30. Exercise. Mon, Weds. & Thurs.
June 2, 16. Massage Therapy 9am-2:30pm
June 2, 4, 9, 11, 16, 18, 23, 25, 30. Ceramics 12:30pm
June 2, 9, 16, 23, 30. Line Dancing. 1:15—2:30
June 2, 9, 16, 23, 30. Dancing for Joy. 1:30pm
June 3, 10, 17, 24. Blood Pressure Clinic 12:45pm—1:45pm
June 3, 10, 17, 24. Senior Drawing Class 2:30pm-4:30pm
June 4. Entertainment by Valley Shore A Capella 11am
June 4, 11, 18, 25. Yoga. 10:00am & 11:30am
June 5, 12, 19, 26. Knitting 1:00 pm.
June 5, 12, 19, 26. Oil Painting Class. 1:15pm
June 6. Senior Haircuts \$3.00 10am-12pm co-sponsored by Water's Edge & Euro-American Connections
June 9. Bus Sign-ups for July
June 9, 16, 23, 30. Tai Chi at 10:30am
June 10. Grandparent Resource Group 10am—12pm
June 11, 25. Foot Care Appointments 9am-3:00pm
June 11. Educational Seminar Understanding Your GI Track 2:30pm
June 12. Reiki 9-12
June 12. Recreation/Community Service Committee Meeting 6pm Recreation Office 100 Riverview Ctr.
June 13. Educational Seminar on Understanding the Value of Exercise & Well Being 2:30pm
June 16. Amazing Grace Food Pantry. 1:00-3:00
June 17. Necklace Making Workshop 2pm sponsored by Wadsworth Glen Health/Rehabilitation Center
June 18. Beltone Rep., Hearing Aid. 12:00pm
June 18. The Middletuners 3pm
June 19. Benefits Checkup 9am-3pm
June 24. Meditation 3pm
June 24. Civitan Bingo 6:30pm
June 27. Sausage & Peppers Dinner \$3.00 per person 2:30—3:30.

*Happiness is not something ready made. It comes from
your own actions.*

Dalai Lama

Community Café Free Lunch Winner

Congratulations to Sharon Anderson, May's winner.
Enter for a chance to win a free lunch, compliments of
CW Resources.

April's Brain Teaser Winners

Sharon Anderson, Karen Bevan, Jane Burr, Nancy
Clayton, Sarah DaVersa, Jane Delaney, Jo DeMaio,
Loretta Dzialo, Adrienne Esler, Joan Fazzino, Barbara
Hardesty, Robert Hickey, Chet Koelsch, Jane Koelsch,
Annabelle Malone, Rosemarie Mordarski, Nancy
Pelletti, *Mark Radziwon, Carla Salerno, Enza Spada,
Chuck Stanley, Sandra Steele, Carol Van Lieu, Rose-
marie Vecchitto, Mamie Vickers & George Zepko

**Denotes Prize Winner*

Congratulations to all of our winners. Please stop by
the Senior Center to pick up May's Brain Teaser.

THE MIDDLETOWN SENIOR NEWS

Acting Director: *Debbie Stanley* 860-638-4501

Senior Services Coordinator

Heidi Geores

860-638-4541

Senior Service Specialist/ADA Compliance Officer

Laura Runte

860 638-4542

Office Fax: 860 343-5427

Municipal Agent: *Laura Runte*

860 638-4542

Prog.Aide/Cust: *John Marion*

Sr. Bus Driver: *Mike Rogalsky*

Café Manager: *CW Resources—860-558-5285*

e-mail address: Debbie.stanley@middletownct.gov

Dept. web site: www.cityofmiddletown.com/seniors

OUR CENTER OFFERS A WIDE SELECTION OF ACTIVITIES

Bingo, Wednesday and Friday at 1:00 pm. (25 cents per card)
Blood Pressure Clinic, Every Tues. 12:45, sponsored by our Public Health Nurse
Bowling, Nintendo Wii, 12:30 pm., Mon., Tues & Wed.. Virtual Bowling (free)
Card Games, Thur., 12:30 pm. Setback, Kings in the Corner, Michigan Rummy
Ceramics, Monday and Wednesday at 12:30 pm. (\$1.00 per class)
Civitan Bingo, last Tuesday of month (Sept.– June), 6:30 pm. (free)
Coffee and Tea, are available free all day for seniors while in the center
Computer Center Classes, Computer classes for Seniors 60 and older
Dancing for Joy, Mon., 1:30-2:45 pm. Led by Laura Richling (free)
Drawing Class, Tues, 2:30-4:40pm. Led by Armida Espaillat (10 session, materials included \$20.00)
Driver Safety Classes, by AARP instructor, 4 hour class (\$15.00 AARP member, \$20.00 non-member)
Educational Seminars, See calendar and flyers (free)
Exercise, Mon., Wed., 9:00 am, Thur., 10 am. (free)
Foot Care Clinic, The 2nd & 4th Wednesday of the month with Phyllis Bjornberg-Haut, LPN. (\$35.00)
Grandparents Resource Group, Second Tues. of the month, 10:00 am. Guest Speakers (Sept.-May, free)
Hearing Screening, Third Wednesday of the month, 12:00—1:00 pm. (free)
Knitting, Thur., 1:00 pm. (free) Interested knitters meet to knit, share patterns, and socialize.
Lending Library, books, magazines, jigsaw puzzles, and rotating collection from Russell Library (free)
Line Dancing, Mondays, 1:15 pm. (free)
Lunch, Hot lunches catered daily by CW, please call 860-558-5285—suggested donation (\$2.50)
Lunch Entertainment, 11:00 am, the first Wednesday of the month, featuring a variety of entertainers.
Massage, Massage Therapist Elaine Rowe (CT. Lic. #000775), 1st/3rd Mondays.
Middletuners, Traveling senior chorus. Barbara Arafteh, Director, 860 347-4887
Movies, recently released DVD's, Tuesdays at 12:30 pm (free)
Newsletter, Monthly Senior Center newsletter containing information and activities (free)
Oil Painting, Thursdays, 1:15 pm. (free)
Ping Pong, Available most days, call for reservation
Senior Center Bus, excursions on Tuesdays and Thursdays (from \$3.00)
Senior Counseling, Municipal Agent, various hours, call 860 638-4542
Senior Resources Manual, 8 page handbook of resources and services (free)
Tai Chi, Mondays at 10:30 am. (\$40.00—ten week cycle)
Yoga, Wednesdays. The 1st session 10-11:15am (8wks, \$28.00) The 2nd 11:30-12:30pm (8 weeks, \$21.00)

Understanding the Value of Exercise and Well Being

Fri., June 13th 2:30pm

Please join us for an educational seminar on understand the value of exercise and well being. The discussion will include exercise & neuro-protection as well as deconditioning and reconditioning the human body. This will be presented by Tracey Godwin-Randolph, BSNH. She is a specialized group exercise instructor and a certified therapeutic Parkinson's Disease instructor.


Sausage & Pepper Dinner

Fri., June 27th 2:30pm

Join us for a delicious sausage & pepper grinder dinner. The cost is \$3.00 per person.

Please register for this special dinner at the Senior Center.






MONDAY	TUESDAY	WEDNESDAY
2 9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 No Tai Chi Today 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	3 9:00 Bus Trip: Foxwoods Casino 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: King Creole 12:45-1:45 Blood Pressure Clinic 2:30-4:30 Senior Drawing Class	9:00-9:45 Exercise 10:00 Yoga A 11:00 Monthly Entertainment 11:10 Yoga B 12:30 Ceramics 1:00 Bingo
9 9:00 Exercise 10:00 Sign-up for July Bus Trips 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	10 10:00 Bus Trip: Ballek's Garden Center & La Vita Gustosa 10am-12pm Grandparent Resource Group 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Finding Forrester 12:45-1:45 Blood Pressure Clinic 2:30-4:30 Senior Drawing Class	9:00-9:45 Exercise 9:00-2:30 Foot Care By Appointment 10:00 Yoga A 11:10 Yoga B 12:30 Ceramics 1:00 Bingo 2:30 Educational Seminar GI Track
16 9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Amazing Grace Food Pantry Bus Trip 1:15 Line Dancing 1:30-2:45 Dancing for Joy	17 9:30 Bus Trip: Thimble Island Cruise & Chowder Pot Restaurant 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: The Time Traveler's Wife 12:45-1:45 Blood Pressure Clinic 2:00 Necklace Craft sponsored by Wadsworth Glen 2:30-4:30 Senior Drawing Class	9:00-9:45 Exercise 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo 3:00 Entertainment by The
23 9:00 Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	24 10:00 Bus Trip: Gillett's Castle & Hilltop BBQ & Steakhouse 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Extraordinary Measures 12:45-1:45 Blood Pressure Clinic 3:00 Meditation with Bob Vinci 6:30 Civitan Bingo	9:00-9:45 Exercise 9:00-2:30 Foot Care By Appointment 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu available at Senior Center 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo
30 9:00 Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy		

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ESDAY		THURSDAY		FRIDAY	
4		5		6	
rs Valley Shore A cappella		10:00 Bus Reserved by Stoneycrest 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		10am-12pm Senior Haircuts \$3.00 12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
11		12		13	
ointment		10:00 Bus reserved by OMH 10:00 Exercise 10:00-1:00 Reiki Therapy by Appointment 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting 6:00 Recreation/Community Service Committee Mtg Recreation Office 100 Riverview Center		12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Tracy Godwin-Randolph—Parkinson’s	
18		19		20	
able at Senior Center		9am-3pm Benefits Checkup Screening 10:00 Bus Reserved by St. Luke’s 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
Middletuners					
25		26		27	
ointment		9:00 Bus Trip: Roger William’s Zoo 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Sausage & Peppers Grinder Dinner \$3.00	
able at Senior Center					
					


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ECKERSLEY HALL BUILDING COMMITTEE

As you may have read and seen, the Hartford Courant recently did a story about the progress of the new Senior/Community Center. In order to see this progress first hand, the Building Committee had a walkthrough of the site on May 8th. Committee members saw how drastically different the layout of the building has changed from the former multi-leveled layout of a school to that of a ADA compliant functional space that will be used for future senior and recreational programs. Not only were the new spaces framed out, but a majority of them have drywall installed, with some even being prepared for finishing details.

To prepare for the opening of the facility, the Building Committee, MA&M and SILVER / PETRUCELLI have started to review the interior as well as the exterior finishes of the site. At the May meeting, the Building Committee reviewed and selected the furnishings that will be placed throughout the activity areas. Currently, the new approach to the main entrance has been graded with the new entryway being remodeled. Drainage has been placed within the parking areas and the surfaces have been graded in preparation for pavement in the future. The City's Information and Technology Department has worked with the Building Committee on selecting Smart/WiFi Televisions as well as an Participant Identification systems for the building. Even with the relatively wet spring and snowy winter, the work on the Center has continued and progress is continually being made at the site.

The next meeting of the Building Committee is scheduled for June 9 @ 6:00. NEW LOCATION: Middletown Recreation and Community Services Dept. in Riverview Plaza. If anyone has questions or comments please contact Joseph Samolis, Chair at 860.638.4801 or Phil Pessina, Vice Chair at 860.346.0348.

ARE YOU INTERESTED IN GROWING TOMATOES????

Would you like to participate in a tomato growing contest????

Please contact the Senior Center at 860-638-4540 for more information. Prizes will be awarded!!!

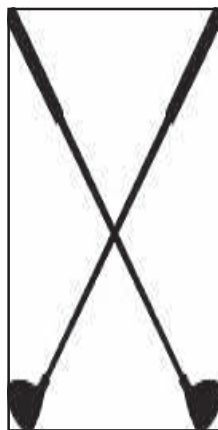


WOULD YOU LIKE TO PLAY GOLF?

Do you like to golf and are in need of a partner?

Leave your name and number with us. We would like to help make golf connections!!

Please contact the Senior Center at 860-638-4540.



DO YOU HAVE USED GLASSES/ HEARING AIDS?

The Lion's Club is accepting donations for used glasses and hearing aids. Please stop by the Senior Center on 150 William Street to drop off any used glasses or hearing aids.



AARP's Driver Safety Program 2014 Class Schedule

July 17th, September 18th, November 20th

All classes held on Thursday afternoons from 12:30pm-4:30pm Advanced registration is required

Payment required at time of registration

\$15.00 for AARP Members (membership # required)

\$20.00 for Non-Members

Payable by Check or Money Order only. Call the Senior Center at 860-638-4540 for more information.

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Middletown Senior News
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Benefits Checkup

Thurs., June 19th 9am-3pm

Do You Need Help Paying for or Need Information on:

Medicare Premiums

Food

Energy Bills

Veterans Benefits

Prescription Drugs

Housing

Property Tax Assistance

And other services

Let us do a Benefits Checkup!!!

A Benefits Checkup is a free and confidential questionnaire that will screen you for eligibility for federal, state and local financial programs for individuals 60+ and those receiving Medicare at any age.

**Are you receiving all of the benefits that you may be entitled to?
*Please call the Senior Center at 860-638-4540 to schedule your appointment for your confidential screening and find out!!!***